Functions of water

- Water is considered to be the most essential nutrient for our bodies
- It transports nutrients between cells and organs
- It helps to maintain body temperature; cools the body with sweat
- It participates in metabolic processes
- Essential for the proper function of organs, such as saliva, tears, and synovial fluids (cushion joints for shock absorption)
- You need at least eight cups of water a day
- A person who exercises requires about 12 cups a day